

Junior 'Warrior' Programme

'Paying Attention'

Student name;

Training venue;



Information;

One of the many excellent teachers that I've had in my life, once told me that 'paying attention' would give me more choices in life and, of course, not paying attention would give me fewer choices in life.

He told me that, if a person (parent, teacher, friend, tv presenter etc) is explaining something to you, then listening and really paying attention, means that, when they have finished explaining, you will have a choice. You may even have lots of choices;

Do you believe what you were told?

If you do believe what you were told, can you make use of the information now?

Could the information help you in the future?

Does this information agree with any information you already had and, if it does, are you now even surer about that information?

Does the information you've just learned DISAGREE with information you already had and, if it does, have you changed or mind or do you need some time to decide?

Do you need to pass this information on, would it help someone else?

Do you need to keep this information to yourself because it may harm someone?

Do you need to warn someone because of the information you have just received?

There are lots more questions I could ask but I hope you can see that 'paying attention' gives you a choice but not paying attention means that you have NO CHOICE because you have no more knowledge that you had before.

Month one

Your task this month is to pay attention at least once during each week (so at least 4 times) to someone who you usually do not pay much attention to. You then need to tell me in just a couple of sentences, what you learned.

What did you learn on week 1? _____

Was it useful? _____

What did you learn on week 2? _____

Was it useful? _____

What did you learn on week 3? _____

Was it useful? _____

What did you learn on week 4? _____

Was it useful? _____

Month 2

Some people will often talk rubbish or tell you things that are not true, they may give you poor advice and they may even tell you something that would intentionally be bad for you to believe. So, after you've listened, you need to have a think about whether the information you've learned is good or true. Using 2 of the things that you learned last month (that you've told me about above) tell me how you thought about the information you had learned and then made a decision about how true it was, how useful it was and how you may be able to use it. (I understand that, if the thing you learned was rubbish, you may not have been able to use it. That's ok).

Month 3

It is important to understand that 'paying attention' is not the same as 'doing as you are told.' It is important for you to learn to listen to information, then make a decision about what to do. Don't just blindly follow instructions without thinking. This month, please tell me about any time that someone has given you instructions, you have listened, you have understood but you have decided not to follow the instructions.

Ongoing task

Every time you get the opportunity to learn something, listen, try to understand, then decide how useful that information is BEFORE you do anything with it.